

CBST-USAS evaluations are by appointment. The next opportunity to join the team is for the long course season 2024 which begins in April. **The deadline to request an evaluation is Tuesday, January 16th.** If you would like to inquire about an evaluation for your swimmer, please make contact per below at your earliest convenience and no later than January 16th:

- Contact Jen Steinberg at jsteinberg@cbsd.org to request an evaluation.
- If you are new to CB Aquatics swim teams please provide your completed [CBST-USAS New Member Portal Information Form](#) when emailing to request an evaluation.
- Please email your evaluation request as soon as possible to maximize the evaluation date options available to you. Available evaluations will be provided on a first-come, first-served basis.

Basic information about evaluations:

Evaluations for our USA Swimming team, CBST-USAS, are used to make sure that the swimmer is ready for the rigorous practices of this team. Evaluations typically consist of swimmers swimming all four strokes and some mini-sets on time intervals to see which practice group would be the best fit. Our coaches need to be sure that swimmers are able to swim all four competitive strokes legally (the strokes are freestyle, backstroke, breaststroke, and butterfly). The coaches must determine if the group a swimmer is ready for ability-wise is also appropriate age-wise so that it will be a productive environment for everyone.

Be sure your swimmer knows that it's totally fine if they are not evaluated as ready for this team right now or if they are placed in a group other than what they expected. For most kids if it's set up for them as just deciding what is best, rather than "making" the team or a particular group they're fine with any outcome. They can always join the team later when they're ready and group advancement happens as appropriate throughout each season. We want to help children become life-long swimmers and are looking for the best placement to help them based on what they need at this point in time. Evaluation details and procedures will be provided by email once your evaluation date is set.